



# Napa Valley Meditation Group

**Presents:**

**A talk by  
author and  
Buddhist  
meditation  
teacher**

**ARINNA  
WEISMAN**

**on “Bearing  
Witness to  
Ourselves and  
the World.”**



Arinna has taught insight meditation since 1989 and is the founding teacher of Insight Meditation Center of the Pioneer Valley in Easthampton, MA. She is the co-author of the book, “A Beginner’s Guide to Insight Meditation.” Her teachings are infused with her political and environmental activism.

**Tuesday, June 10th**

**7:00pm - 8:30pm**

**Unitarian Universalist Fellowship**

**1625 Salvador Avenue, Napa**

**For more information about Napa Valley Meditation Group visit**

**<http://www.meetup.com/Napa-Valley-Meditation-Group/>**